

## Influence of yogasana practice on flexibility among obese adolescent school boys

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### Abstract

The purpose of the present study was to investigate the influence of yogasana practice on flexibility among obese adolescent school boys. To achieve the purpose of the study thirty school students were selected from Karaikudi, during the year 2017. The subject's age ranges from 14 to 18 years. The selected subjects were divided into two equal groups consists of 15 students each namely experimental group and control group. The experimental group underwent a yogasana practice programme for six weeks. The control group was not taking part in any training during the course of the study. Flexibility was taken as criterion variable in this study. The selected subjects were tested on flexibility was measured through sit and reach test. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to yogasana practice given to the experimental group on flexibility when compared to control group.

**Keywords:** yogasana practice, flexibility and 't' ratio

### Introduction

"Aim for a healthy body weight" Health and longevity are threatened when a person is either overweight or underweight. Overweight and obesity increase one's risk of developing serious CVD. Likewise, individuals who are underweight may have a higher risk than others of cardiac, musculoskeletal and reproductive disorders. Thus, healthy weight is key to a healthy and longer life. One will learn about weight control principles and practices, as well as guidelines for designing exercise programs for weight loss, weight gain and body composition change. Individuals with body fat levels falling at or near the extremes of the body fat continuum are likely to have serious health problems that reduce life expectancy and threaten their quality of life. (Heyward, 2002) [1].

Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being. It is a practical holistic philosophy designed to bring about profound state as well is an integral subject, which takes into Consideration man as a whole. The aim of Yoga is to devise ways and means of helping the better emotional and intellectual concentration. Yoga means the union or communication or unity with our inner being. 'Asana' means a state of being in which we can remain steady, calm, quiet and comfortable with our physical body and mind.

Asanas are an integral part of yoga. Yoga uses the body to exercise and controls the mind so that at a later stage the body and the mind together may harmonize with the soul. The

yogasanas affect and penetrate every single cell and tissues making them come to life.

### Methodology

The purpose of the study was to find out the influence of yogasana practice on flexibility among obese adolescent school boys. To achieve this purpose of the study, thirty obese adolescent school boys were selected as subjects at random. The age of the subjects were ranged from 14 to 18 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as a yogasana practice group (Experimental Group) and control group. The experimental group underwent yogasana practice for three days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following physical variable, namely flexibility was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable flexibility was measured through sit and reach test at prior to and immediately after the training programme. The 't' test was used to analysis the significant differences, if any, in between the groups respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

### Analysis of the data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

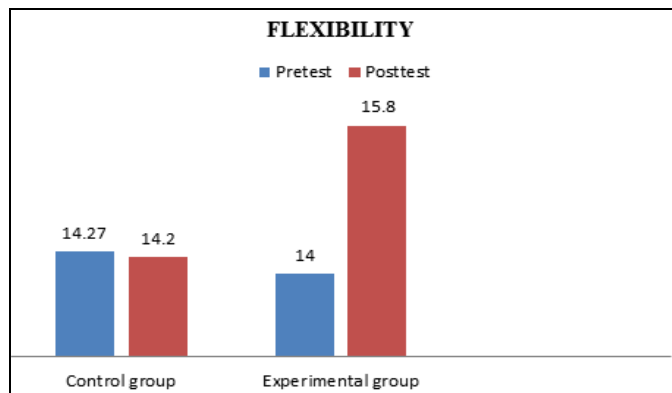
**Table 1:** Analysis of t-ratio for The Pre and Post Tests mean values of Experimental and Control Groups on Flexibility (Scores in centimeters)

Variables	Group	Mean		SD		Sd Error		df	't' ratio
		Pre	Post	Pre	Post	Pre	Post		
Flexibility	Control	14.27	14.20	1.39	1.37	0.36	0.37	14	0.25
	Experimental	14.00	15.80	1.20	1.08	0.31	0.28		16.84*

\*Significance at .05 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of the control group on flexibility were 14.27 and 14.20 respectively. The obtained 't' ratio was 0.25, since the obtained 't' ratio was lesser than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on flexibility were 14.00 and 15.80 respectively. The obtained 't' ratio was 16.84\* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in flexibility. It may be concluded from the result of the study that experimental group improved in flexibility due to the effects of six weeks of yogasana practice.

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**Fig 1:** Showing the Pre and Post test mean values of experimental and control groups on flexibility

**Discussions on Findings**

The result of the study indicates that the experimental group, namely yogasana practice group had significantly improved the selected dependent variable, namely flexibility, when compared to the control group. It is also found that the improvement caused by yogasana practice when compared to the control group. The result of this study on flexibility has in line with the study conducted by Padmanathan, and Jhonjoseph. K (2011) [2].

**Conclusions**

1. There was a significant difference between experimental and control group on flexibility after the training period.
2. There was a significant improvement in flexibility. However the improvement was in favor of experimental group due to six weeks of yogasana practice.

**References**

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